



GRANT SUPPORT - EDC SCOTT BALFOUR

A lot of progress has been made since the last newsletter. Cliff White, Charles Howie, Derek Allison and I spent an evening discussing where we saw orienteering developing most successfully in Edinburgh and its strengths and weaknesses. We identified the following as priorities:

Coaching for Juniors and all adults and saw a need for a program of regular activities as least once a month in the Winter and reintroducing the Coaching days which were very popular in the early 1980's.

Sponsorship and Grant Support for good competitors.
Mapping.

Summer Series and its extension to provide a regular pattern of local, informal events aimed at bringing on all competitors and meeting the needs of a good proportion of members who find that these were competitions quite satisfactory. A sort of Orienteering for All outlook to strengthen the base of the coaching pyramid which provides the source of new committed club members, officials and elite competitors.
Permanent Courses.

In early December, Cliff, Charles and I met Mr Walker, the EDC Sports Development Officer at 17 Waterloo Place and discussed the above and enquired what help we could expect from his department. We received a very positive response. You get an application form from him and complete it and send it in. This year's budget is now low but financial support is available before March. Long term support should be applied for in good time for the next financial year. We learned about an EDC bringing sport to everyone campaign in the Summer and thought we could provide some competitions in this Spring Fling from 30th May to 13th June. We were reminded that financial assistance towards the use of EDC Sports Facilities like Comm.Pool, Craiglockart Sports Centre, Patis Road Pavilion, etc. A Sports centre would be an ideal place to sell map packs for a nearby permanent course. We agreed to the following action.

Charles Howie is preparing an application for support for the main Summer Series of 8 Events with advertising similar to last year. Charles informed ESOC at the Committee meeting that evening and they have been liaising through me about developments. They will be applying for a major grant to get the Harveys to map the following Edinburgh Parks: Braid/Blackford, Craiglockart Sports Centre, Braidburn Park, Craigmond, Saughton Park, Inverleith Park and perhaps Inch Park. I have asked Kirsten to include Mequatland and consider Jack Kane Area too. Cliff White will apply for funds to set up the first Permanent Course in Edinburgh with a suitable base for map sales. At present the favourite is Braids/Blackford from the Hermitage. Get your thinking caps on! Scott will apply for funds to set up a once a month winter evening session to involve indoor/outdoor coaching and exercises followed by a swim if possible. Interlopers will be discussing their application at our next meeting in February. In my opinion, Interlopers could map the City Golf Courses and use them on a restricted access basis with say at most two events a year. Close liaison between the clubs will be used to make the most of this opportunity.

You may also have learned that a batch of Sports Scholarships went through in December but at present I do not know if our applications were successful. Mr Walker told us about the 4 minibuses (only pay for petrol!), video equipment, marathon-type digital clocks, timers with printouts, portaloos trailer and PA backup all available from 17 Waterloo Place. It would be useful if councillors were invited to see an orienteering event. This would help in future grant applications.

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CONTRIBUTIONS WELCOMED!
NEXT COPY DATE MARCH 10th.
5 inches width, typed format.



TRAINING TIPS *****

(or, Mistakes I have made)

Your editor felt that I should start preaching what I practice, or something... (Sounds like yet another column filler to me...)

Tip No.1: Training in the Dark

If you're lucky enough to have a regular, non-academic job, you'll have noticed that there's no light left when you eventually get away from work.

One solution to this problem is to do nothing energetic before March. Another is to run on roads and pavements, dodging cars and pedestrians and knacker your knees.

An alternative is to find a reasonably lit park. Bruntsfield Meadows can be recommended: you can run on grass or mud/dirt as you wish around a one and a half mile perimeter. There are usually a few others, just as batty as you, at any time of the evening.

After the first few hundred circuits, you may want some variety. If so, try Inch Park which lies behind the Cameron Toll shopping centre. There are entrances from the roads to east and west and from the shopping centre car park. The perimeter is about one and a half miles, but it's more varied than the Meadows with reasonable hills and a small wood. The grass is lush, too.

Lighting is good on the southern half, following the perimeter between east and west entrances. The safest plan is then to double back or to use the sports pitches and/or the road across the centre to get back to the other entrance.

Alternatively, you can complete the circuit. This is more interesting, but you should take a look at the route in daylight first. Care is needed on the stream-side path across the north-east quadrant, but it's straight and flat - so you shouldn't lose your balance... The north-west quadrant is wooded and therefore darker, but the ground is clear of obstruction - just don't look at the security flood-lights on the shopping centre!

You're not going to injure yourself, of course, but a whistle doesn't weigh much...

In one way running at night is better training than day-time running. It encourages a more cautious, higher stepping action. This is not so economical on the pavement but much more practical (and ultimately less tiring) in heather, long grass or thick undergrowth.

John Morris

CAPITAL-O CHAMPIONSHIPS 1987

Incorporating
ESOC Club Championships

The inaugural Capital-O Championships will be a logical extension of the long-established ESOC Club Championships, using the same rules and providing not one, not two but three sets of prestigious awards to be vied for by Edinburgh's athletic Olympians.

The Capital-O competition is open to all members of ESOC and Interlopers.

The closed ESOC Club Championships will continue, their savage ferocity unabated.

Interlopers will also set up their own internal table of merit.

RULES

Competitors will be ranked on the sum of their four best scores from the six events for which they are eligible. Scores will be related to Badge standards.

Competitive Classes are:-

The Men's and Women's Open Classes, decided on performances - by any member - in M21E/A/B and W21E/A/B classes.

The Intermediate Class, decided on the basis of performances in M/W13, M/W15, M/W17, or M/W19.

The Men's and Women's Veteran Classes, open to members in M/W35 and above without regard to the class they run in (just so long as it's legal!).

Lastly, but not least, the Junior Class for M/W10's and M/W11's.

Scoring is simple. Your score in any A class is Gold standard time multiplied by 80 and divided by your own time. Your score in any B class is Silver standard time multiplied by 66.67 and divided by your own time. (This odd-looking system is logical; it allows a competitor to gain the same number of points for a Silver standard performance in either the A or the B class.) Performances in Elite classes, if any, will be suitably adjusted.

Confused? Send your query, written on one side only of a £5 note, to me at the usual address, or phone, quoting the number of a Swiss bank account for verification of identity, for immediate attention.

EVENTS

We intend to use the events marked as '1st' to '7th'. Events marked 'Res.' (Reserve) are likely to be used if first choice events fall through.

1st	01/03	INT/EUOC Badge	Craig a' Barns
2nd	05/04	SW Champs	Dalswinton
3rd	26/04	FVO Badge	Torrie
4th	02/05?	Br Relays Badge	?Hexham area?
5th	24/05	ESOC Badge	Glentress
6th	06/09	FVO Badge	?Dollar Glen?
7th	01/11	INVOC Badge	Inshriach
Res	22/11	Dundee UOC Badge	?
Res	06/12	WA Champs	S. Achray

No member of ESOC may gain points at the ESOC Glentress event; no member of Interlopers may gain points from the Interlopers Craig a' Barns event. Details of later events will be confirmed when available; note in particular that the British Relays weekend badge event may be on the 2nd or the 4th of May.

MORE

And for those whose competitive drives are still unsatisfied, there's the new All Scotland Mega-League, previewed by Alastair Lessells elsewhere in this issue...

Good luck in the forest!

John Morris

FLOUNDERING FOR FUN

Sunday - 7.00 am,
YAAAWN - (This must be a dream),
God, I've got to get up, must be there by ten,
Registered, and ready at the start with my pen.

"10 seconds . . GO", - pant, where's the blue map,
"AARGH!", This rain's a pest, still, ONLY 25 controls.
West side of spur, steady now, don't flap,
Grag! Stream! Knoll! - "EASY", - no pitfalls.

"Excuse me, can you tell me where we are?"
Err - (why me), - "Yes": "Just south east of this boulder",
OK "Now - where was I going - pant, gasp - think, think,
Make up time, hurry, hurry - "HELL!" Too fast, I've missed
the gully.

Come on now, start being coherent,
Check your compass, - North east thicket,
Contour a hill, then the middle re-entrant,
Going well again, remembering to punch my ticket.

A long leg now, must take a bearing,
Not another hill, my wee legs are wearying.
Running off, this terrain is very harsh,
I hope I'll hit that bloody marsh.

Body fatigue beginning to set in,
Much more of this, and I'll end up a ruin.
Wet card, and dirty map, compass smashed to bits,
Two controls to go, God, this really is the pits.

Competitors passing left and right, I can hardly run,
Orienteering is the game, this floundering for fun.
One more effort, before I slowly diminish,
Quick now, sprint, follow the tapes to the finish.

LM (ESOC)

ESOC CLUB 'O' SUIT

Amongst other business conducted at the ESOC AGM (3/12/86) was the voting in the great ESOC 'O' Suit competition. There were 17 entries and because of the high number, the single transferable voting system was used. Amongst devotees of proportional representation this system is believed to identify the most popular choice.

In the event, one design was in front from the beginning, getting 8 first choices and ending with a majority by the fifth round of vote transfers.

The third choice was a rather loud suit from the Lessells family, second was a striking yellow and green number from Ruth Lessells but the overall winner was a very smart green suit with red and white piping designed by Eddie Harvey.

Congratulations and a free 'O' suit to Eddie and many thanks to all those who entered. I look forward to seeing you all in the suit at the next large competition.

The suit will incorporate the legend 'ESOC' and because of this the first order has to be a block order. I shall collate this order from all those of you who want to wear the new suit. The price is £14 adults and £12 for two smaller children's sizes.

See elsewhere in the newsletter for order form.

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IN
ESOC COPIES

BEN BATE (M40 ESOC)

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This year we're really going to do some Technique Training!

There will be a fortnightly programme of training sessions, some of them indoors and some of them out on suitable local terrain. These sessions are for thinking orienteers. Those who want to run fast should turn out for the Tuesday sessions on the Meadows; those who want to run far should head for Meggetland on Thursdays. We expect to see those who want to do well with the minimum expenditure of energy.

The programme will involve most of our experienced senior orienteers in a coaching role sooner or later: Ben Bate, Peter Coutts, Kirsteen Kershaw, Alastair Lessells, Meryl Marshall, Janice Nisbet, Bill Stevenson and Cliff White have all expressed interest. (If you want to contribute, you're welcome - just let me know.)

The first session will be an indoor one at 26 Gilmour Road on 14 Jan, starting at 8pm and continuing to 10pm. There will be O-games for Juniors and route choice exercises for seniors. Please bring, and be prepared to talk about, a couple of maps from events that you found challenging. We'll also collect views on what people would like to learn and do.

The next few sessions will be:-

28 Jan 26 Gilmour Road (Morris)

Night exercises - please bring a torch, a whistle and suitable clothing. We'll try some simple navigation in a not-too-dark grassy area. (If the weather's ghastly we'll stay indoors and play games - this will be an available option for the unenthusiastic whatever the weather.)

11 Feb 40 Ormidale Terrace (Lessells)

Event organisation - the first of a series of evenings in which we'll share and systematically write down our ideas on how to run a first-rate event. At later sessions in this stream we'll invite the expert and the experienced to give us their ideas on how, and how not, to do it.

25 Feb 40 Ormidale Terrace (Lessells)

Techniques and games indoors, similar to the Jan 14 session.

11 Mar 67 Lasswade Road (Nisbet)

Training-cum-Social - a Street-O for all.

Subsequent sessions, at fortnightly intervals, will be announced in Capital-O.

Come if you can. It'll be FUN!

John Morris

ESOC - Secretary Snippets

BOF:- The entry form for events is being altered to encourage the use of first names rather than initials. So, for all those using the BOF standard form, please print your full Christian name when entering events in 1987.

The sad news from BOF is that Peter Dominic has withdrawn sponsorship for orienteering. As a result, unless a sponsor can be found in the near future, national rankings will be based purely on the British Champs., J.K. and the National Events. On the other hand, if a sponsor is found, it is hoped that all badge events will be involved in the rankings. The result of this could be an increased entry for our National Event in November, although I am sure BOF would hope to have found a sponsor by then.

SOA:- It has been decided that the JK in 1990 will be held in the Loch Lomond area. Clydeside obviously will be busy with the Scottish 6-Day in 1989, so it is hoped that, rather like the 6 days, all Scottish clubs will help with the JK organisation. We are applying to do the starts and map bagging for either day 1 or 2, which hopefully would allow all members to compete in the event.

As you may have seen in Score, the present format of the Scotlandsgaloppen has been criticised, and several suggestions have recently been made to improve the series and to produce a National League. The SOA are suggesting a trial run for 1987 to include the following events:-

1. March 1st - EUOC/INT Badge Event (Craig A' Burns)
2. April 5th - Solway Badge Event
3. May 31st - MAHOC - Northern Lights
4. September 6th - FVO Badge Event
5. November 1st - INVOC Badge Event
6. December 6th - SAOC - West Area Champs.

4 out of the 6 events would count.

In addition, it is suggested that a National Interclub Orienteering League could start in 1988, in combination with the Scotlandsgaloppen rather than on the lines of the Compass Sport Cup.

It is hoped to organise a Scottish Coaching Conference in 1987 - in late Spring or early Summer, and probably either in Perth or Stirling. All Scottish coaches would be encouraged to attend, as well as all those interested in coaching. In addition, the BOF 1987 Coaching Conference will be held on 7-8 November, either in Stafford or Birmingham.

In addition, there will be a Controllers Conference at Stirling University on 25th April, 1987. Andrew Hewitt is to speak, along with contributions from other Grade 1 Controllers.

The 1987 SOA mapping week-end will be 12-13th September.

So all those interested in coaching, planning, controlling and mapping should pencil these dates in as soon as possible.

Lastly - the Scottish Sports Council are holding a series of courses for coaches at Dunfermline College. There are 13 separate topics to be discussed and each involves 2 evenings from 7-9 pm. Anyone interested in further details please contact me - 337-1144.

Alastair Lessells

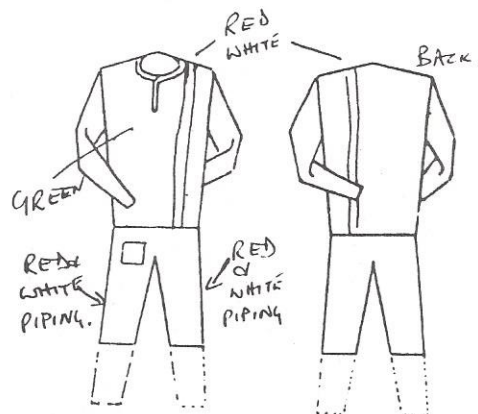
ESOC ANNUAL GENERAL MEETING

The ESOC AGM was held at the beginning of December. The following members were elected to the Committee:-

Kirsteen Kershaw (President)
Alastair Lessells (Secretary)
Bill Stevenson (Treasurer)
John Morris (Team Captain)
Bridget Jardine
David Lane
Janice Nisbet
Charles Howie is hopefully being co-opted (co-erced?)

Congratulations to those elected and many thanks to Martin and Aileen Little for their hospitality.

This year it has been decided to pass round the AGM minutes as soon as possible, so that those unable to attend can find out what went on and those asleep at the meeting can refresh their memories. They should be included with this newsletter for all ESOC members.



ESOC 'O' SUIT.

ESOC President's Column

A New Year, a new ESOC committee and hopefully a new and prosperous orienteering year for the club.

However, looking back for a moment I should like to thank my predecessor, Ian Jackson for all his hard work during his time on the committee, and particularly over the last 2 year's as President. Thanks are also due to retiring committee members Stuart Edgar and Ben Bate for their valuable contribution to the club while in office.

The future - where do we go from here? At the AGM, as reported elsewhere, the members decided that ESOC should continue as a separate club from Interlopers, as this was thought to be in the best interest of promoting and maintaining our present development. The impetus the club has gained over the last few years must continue. We must strengthen our weaknesses, whilst maintaining our good points. At the AGM members were asked to write down the area which they felt the club was weakest. The result of this questionnaire was overwhelming in its concern over Juniors, particularly with regard to training. The committee will endeavour to rectify this as soon as possible.

In order to have a strong club we not only require to have a large membership but also involvement by as large a proportion of the members as possible. The committee are merely representatives, elected to manage the club, and can only do so efficiently if directed by you, the members. Criticism of our failings is constructive, silence is not. Let us know how you want your club run.

1987 is a busy year for events with a badge event at Glentworth in May, the 6-day event in the summer and our National event in November. At the same time mapping must continue to replenish dwindling map stocks and supply venues for future events. Concurrently with this we must also continue development in our weak areas. This is a large workload and it needs to be shared by as many club members as possible if we are not to end up with a disillusioned, overworked few a situation which would do nothing for the morale of the club.

Have a good 'O' year!

Kirsteen

NEWSLETTER EDITOR CHANGE

Ben Bate has now retired from the demanding role of ESOC Newsletter Editor, and has instead taken on the even more demanding post of ESOC equipment keeper. Many thanks to Ben for all the hard work he has put in to make Capital-O a success.

The new ESOC Editor is Janice Nisbet (67 Lasswade Road, Edinburgh - 664-2280). All contributions to the magazine (printable!) gratefully accepted.

It is hoped to start a Junior Section in the next issue, so start writing, Juniors!

PUZZLE CORNER

"The Club Championship Decider"

After a year's orienteering, it was discovered that there was a five-way tie for ESOC's club champion. Incredible - not even John Morris's computer could separate Andy, Ben, Charles, David and Eddie! It was decided to stage a separate event for these five, setting each off at 10 minute intervals. The event managed to produce a clear-cut outcome - in fact, there were gaps of exactly 5 minutes between the times taken to complete the course.

It was noted that:-

- Eddie was pleased to finish one place higher than his great rival Charles,
- Andy and David crossed the finishing line together, with Andy having the faster time (although he beat David by under 20 minutes),
- Ben started last. He also crossed the finishing line last, albeit only by 5 minutes. Someone beat Ben's time for the course by over five minutes.

What was the finishing order?

Prize for the first person to telephone or otherwise pass the solution to either Dave or Janice Nisbet (664-2280). Solution next issue.



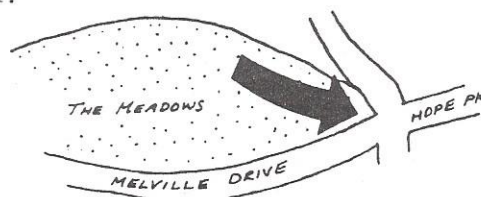
TRAINING SESSIONS FOR KEEN RUNNERS

The following notes are copied from an information sheet which describes training sessions for keen runners in and around Edinburgh. If you are interested in any of these but don't know anybody, contact the Editor or a Committee Member, who should be able to introduce you to someone.

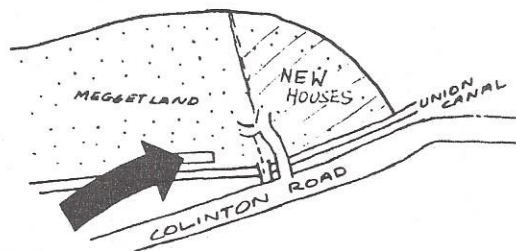
Runners from all backgrounds including many Garnethy members meet at:-

Monday - Most Mondays in winter Dave Beck, Jim Barton and Nick Schierloh run from the Craiglockhart centre at 5.30pm.

Tuesday - Meadows Reg. Session. 5 x 1km or 5 x 1.2km or any combination. 7.45pm at the east corner. Refreshments after in the Southsider or Greenmantle - depending on the quality of beer.



Thursday - Meggat Land Session. 6.00pm. Distances up to 10km. Cost 20p to cover shower. Refreshments after in The Centre Court.



Weekdays - John Blair-Fish runs from the Kings Building; Uni or most weekday lunch-times at 12.30pm.

Sundays - No fixed run but on most free Sundays someone will be running in the Pentlands from Hill and, Flotterston, or the Marchbank Hotel. Try phoning around.

Letter from America

Several weeks ago, one Tuesday night at intervals Scott accosted me while I was still groggy-legged from the Karrimor and gently persuaded me to put pen to paper and reminisce once more for *Capital O* before I departed for foreign parts. Well, perhaps I missed the deadline, but, two or three issues late, here is my article, written 8,000 miles away and 10,000 ft high while I pass away a stormy night on Mauna Kea, Hawaii. As I ponder, trying desperately to find something to write about, I think about the two contrasting places where I spent my last three years. I left Edinburgh as the winter cold and snows were beginning for Hawaii, where, as myth would have it, it is always hot and sunny and possessing in endless miles of beaches. The reality is quite different, though I never seem able to persuade anyone of this! In the town of Hilo where I live, 36 inches of rain fell in November, and a village 10 miles away recently had 13 inches in just one day! Most of the island of Hawaii (or the *Big Island*, as it is known locally) is volcanic desert; our tame volcano *Kilauea*, has been erupting continuously for over 150 days and sent out a lava flow which slowly oozed its way to the coast. Last week it eradicated 11 homes and reached the sea, adding 20 acres of new land to the island. On *Mauna Kea*, the world's highest mountain (32,000 ft from the ocean floor, 14,000 ft from sea level), and the world's premier site for astronomical observations, I was chased off the summit last night by 100 mph winds as a storm dumped Hawaii's first winter snow on the mountain top (yes, it does snow in tropical Hawaii, though you've got to be pretty high up to feel it!). It leaves me now passing the night away at our base camp, a place called *Hale Pohaku*, nearly 10,000 ft high, where astronomers eat and sleep while working on the summit of Mauna Kea.

Enough of this pre-amble! This is supposed to be an orienteering newsletter and not the memoirs of a frustrated astronomer! I should be describing my experiences of orienteering USA-style. However there's one slight problem and it's that Hawaii just doesn't have any orienteering. The land is just totally unsuitable for the sport; it's either barren lava flows or impenetrable jungle. The only orienteering I have experienced in the USA was a couple of events in New England 4 years ago, and they were nearer to Scotland than where I am now! So instead (and at last I am getting to the point!) I shall talk about my impressions of Scottish Orienteering as an Edinburghite in exile, how it contrasts with 'O' south of the border, and where I think it should be heading. I came to Edinburgh a little over three years ago as a Southerner, brought up with all the unhealthy prejudices that are rampant south of the Watford Gap. In that part of the world Northerners are strange people from Yorkshire and Lancashire, and Scotland is some wild barbarian nation in the distant reaches of the globe. Happily I can say that my time in Edinburgh has taught me that I don't want

to live in the South again!

To be a little more serious, orienteering in the South is different from the sport in Scotland and I should like to dwell on some of these differences. The South faces problems which we do not have; few forests, often covered in brambles and with dense path networks, and lots of orienteers. This has led to many events in the same few places, with generally easy navigation. Nevertheless, it is still an enjoyable sport, especially for beginners, and it still takes several years to become fluent at it. The woods, however, lack the challenge you can experience in Scottish forests. Spending much of your time in the forest on paths means the degree of concentration required to succeed is less and the demand placed on navigational skills reduced. A good orienteer from the South will not perform well in Scotland if all they have experienced is southern orienteering for the simple reason that they have not learned to concentrate hard for lengthy periods of time. I know from personal experience, even though I feel I have now mastered the techniques required to orienteer successfully in Scotland, I will lapse into my ingrained 'southern' techniques at times and produce a 10 minute mistake. It may only happen once an event, but that is enough to ruin my run!

Of course the comparison I have just made can equally well be applied to other countries. If I compared Scotland with any Scandinavian country, for example, then we would be in the position of the floundering southerner since we still have not learnt to concentrate *all* the way around a course.

There are many other differences between the South and Scotland and I now want to analyse some of these in more detail and ask whether we have got it right in Scotland? With much larger numbers of competitors to deal with, events have naturally become more sophisticated in the South than they are in Scotland. This is helped by the smaller distances that are travelled at weekends, the larger clubs ensuring adequate manpower, and the large revenues that can be generated from the events. In Scotland the events are fewer and farther apart and much smaller in size. As a result events are more informal, and rightly so in most cases. But perhaps we are letting things become too informal. As recent letters in *Score* by Donald Wallace and Jonathan Musgrave have suggested, perhaps it is time we sat up and looked at where Scottish orienteering is heading. The first Scottish badge events I attended irritated me by their use of master maps and the lack of orange juice at the finish. I still am irritated by a lack of orange juice, but I had stopped worrying over master maps. Having planned events myself, I know how much effort goes into preparing pre-marked maps, and I soon joined the consensus opinion that, except for the major championships, it just wasn't worth all hassle. I am now, however, changing my view again and I think the question of master maps or not is symptomatic of a greater ailment

that is hurting the sport. It seems to me that at the moment there is no real competitive structure to Scottish Orienteering. Do the Scottish Champs really have the atmosphere of The Major Championship? Or is it just another championship? And do badge events have the feeling of just another run? I often come away having enjoyed myself but with the feeling that it was just another training run. Orienteering is a sport for all the family and has a relaxed, friendly atmosphere, but it is a sport and not just a recreation. Therefore to thrive it requires a competitive structure to feed upon. What has happened to bring this about?

There are, I believe, two major reasons. One comes from south of the Border and the other from ourselves. Firstly, since SDA is part of BDF we follow BDF guidelines. In the past few years BDF has been radically changing its event structure. It has all been with the best of motives, but the event structure has been arranged to suit English orienteering, to cope with much larger number of competitors and events than we are used to. It is too structured and contains too many tiers of competition to suit us. We need to drastically simplify the event structure, and, as Jon Musgrave advocates, a three tier structure of (i) Scottish Champs, (ii) five prestige badge events and (iii) local events would be preferable.

The second major problem lies, ironically, with the fantastic success of the 6-day event. Every two years we build up for a supreme effort, and afterwards lack the motivation to follow up the success of the event. The sport is allowed to drift from day to day until the next 6-day looms, bigger and better than the last, and yet draining more from us. Having served on committees from club level, through SDA, to BDF I can see the lack of direction pervading all levels of the sport. For instance, when I served on the SDA committee I felt, despite the best of intentions of everyone on the committee, we were really just letting things drift and providing no direction for the sport in Scotland. A lot of talking was done but most items of development were left until the mythical development officer arrived. Well now the development officer has arrived and we have the chance to break out of the rut we are getting ourselves in. This will only occur, however, if the development officer is allowed to do his job, which is development and not admin. If we allow him to become a glorified SDA committee member doing committee work and admin, or to become a 6-day dogbody, then the sport is likely to go into decline rather than to thrive. The development officer must not therefore be made to take on the present activities of the SDA committee, but must be allowed to tackle those projects which a committee cannot handle.

I hope I haven't painted a picture of too much gloom and despondency! I very much enjoyed my three years of Scottish Orienteering and I hope I will have many more in the future. There are many positive sides to our sport, witness the success of last summer's 'O' series in Edinburgh and the new membership it has generated. Scottish Orienteering is not going to

collapse overnight, but I feel it must sit up and take a hard look at itself, decide where it wants to go, and reverse the present trend towards stagnation.

So there you have a few of my random thoughts when I'm forced to sit up all night waiting for a storm to pass on Mouna Kea. Next article, if I feel inspired to write again, will be of my experiences of Californian orienteering when indeed I have some. Watch this space

Michael Burton

INTERLOPPERS TAKE NOTE

HIGHLAND '87

Day 6 - Achilly South, INT & CLYDS - 8th August 1987
RAY HEYNORTH
29 CAMRO GROVE
EDINBURGH
EH4 8EX
(031 339 5634)
6.12.86

A meeting has been held with about 40 Day officials and central co-ordinators. A full list of their names, addresses and phone numbers has been circulated. Mapping, planning are proceeding and guide-lines issued on Starts, Finish, manpower, equipment, codes, map units and dead-lines for draft map, finish and start sites, map corrections, final courses and overprinted maps ready.

Description lists will be incorporated with the map. Bags will be supplied for each Day to staple or heat-seal. (1st July)
Stakes, canes, codes, tables, chairs, bags for Club map collection and tents for information, finish timing, card collection and card checking will be provided centrally.

About 150 markers and 400 punches are required for each day. Day 6 has agreed to co-operate with Day 1 (FRU/WFO) at the adjacent site (Craig Ulladale) on equipment and transport.

Day 6 officials are Controllers, John Sans and Charlie Walton; Planners, Jim Daly and Tom Rendrew; Organisers, Drew Sommerville and Ray Heyworth. Gareth Bryan-Jones is standing in for John Sans at the moment.

A maximum manpower requirement of 80 per Day is suggested. INT part of this (Finish & checking) would be 57 but this could certainly be trimmed. However maximum participation in this super 6-day by Club members would be appreciated, and other offers e.g. from Friends/Clubs outside Scotland will be welcome.

Four of the events (Days 1 2 5 6) are in Ross & Cromarty. Their accommodation list is available either over Waverley market or by writing to their Tourist Office at GAITHER, Ross-shire IV21 2DN.

CAPTAIN'S YULE LOG

(O Tidings of Comfort(!) and Joy)

Well... I was going to ramble on about recent events but the Editor said that was boring, and anyway David Lane has written up the British Night Championships and I'm just too embarrassed to speak about my run in the West Area Champs, so I'll look forward for a change. But not before congratulating you all on 1986 performances - 100 1sts, 2nds and 3rds from 400 Badge and National entries - well done ESOC! (And thanks for the support in Relays and the CompassSport Cup.)

There's a lot to look forward to in 1987. There's already a busy programme of Badge and National events, including our own offerings: there's the CompassSport Cup, in which we now have a reputation to maintain; there's Highland '87 of course; and there are also the British Relays - on our doorstep this year.

We'll be putting ESOC teams into the British Relays, and the JK Relays, and the Scottish Relays - and we'll take at least one team to the Harvester Trophy night relays. Let me know as soon as you can which you would like, or be willing, to take part in. And don't be shy - you don't have to be brilliant - most of our relay teams run for fun (as they should).

To help you plan your life in the few slots between orienteering events, I've put together a calendar with all the events that I know of. Have a nice year!

John Morris

1987 O Calendar

5/4	Solway Badge, Dalswinton	Club Champs 2 (EI)
12/4	GG 3, Overtoun	Prob CSC R.2
17/4	Training Day	(
18/4	JK Day 1, N. York Moors	(JK
19/4	JK Day 2	(Weekend
20/4	JK Relays	(
26/4	FVO Badge, Torrie	Club Champs 3 (EI)
2/5	Badge (Cl Ch 4?)	(British
3/5	British Relays, Hexham	(Relays
4/5	Badge (Cl Ch 4?)	(Weekend
10/5	GG 4, Muirshiel CP	Poss CSC R.2
17/5	BOF Champs, F. of Dean	*
24/5	Nat.II, Kidderminster	*
	ESOC Badge, Glentress	Club Champs 5 (I)
31/5	MAROC N.Lights, Sluie	*
6/6	Nat.III, Aberfoyle	(Scottish
7/6	Scottish Relays	(Champs
14/6	*	Poss CSC R.3
21/6	Nat.IV, Keswick	*
28/6	Capricorn, N England	*
5/7	Harvester Trophy, Pembrey	*
12/7	*	*
19/7	*	*
26/7	*	*

2/8	Day 1, Creag Ulladail	(
3/8	Day 2, Novar	(Scottish
4/8	Day 3, Cawdor	(6 Days
6/8	Day 4, Inshriach	(
7/8	Day 5, Achilty N	(Highland '87
8/8	Day 6, Achilty S	(

16/8	*	*
23/8	*	Poss CSC R.3
30/8	White Rose	Last date: CSC R.3
6/9	FVO Badge, ?Dollar Glen?	Club Champs 6 (EI)
13/9	*	Poss CSC Sc Final
20/9	Moravian Bull, Darnaway C.*	
26/9	Nat.V, Plymouth	*
27/9	*	Poss CSC Sc Final
3/10	Day 1, Hexham?	(October
4/10	Day 2, Hexham?	(Odyssey
11/10	Nat.VI Buxton	*
18/10	Scottish Score, Bowhill	*
25/10	*	*
1/11	INVOC Badge, Inshriach	Club Champs 7 (EI)
8/11	Nat.VII, Linn of Tummell	*
15/11	*	*
21/11	CompassSport Cup Final	*
22/11	DUOC Badge?	Club Champs Reserve
29/11	Br Night Champs	*
6/12	WA Champs, S Achray	*
13/12	*	*
20/12	*	*
27/12	*	*

EDINBURGH UNIVERSITY AND INTERLOPERS

BADGE EVENT

SCOTLANDSGALLOPEN NO.1

CRAIG A'BARNs

DATE: Sunday 1st March 1987

GRID REF.: N52/023432

ENTRIES: Entry on the day, EXCEPT ELITE

START TIMES: 1100 - 1300

COST: Senior - £2.50 Junior - £1.50

DETAILS: Mastermaps; Resurveyed map; All usual BOF classes + Elite; Map 1:15000

ELITE COURSE: M/W21 E - pre-entry only. £3.00

Premarked maps.

Pre-entries: M Graham (031 668 2822)

22 East Preston street(2fr.)

Edinburgh EH8 9QB

Closing date for entries: 20.2.87

ORGANISER: Lorna Boyd, 9, Crichton, Pathhead, Midlothian
EH37 5UZ Tel. 0875 320 675

CONTROLLER: Andy Curtis.

PLANNERS: Pakit Hyman and David Eades.

DIRECTIONS: Turn off A9 at Dunkeld, signposted from there.

 *** INTERLOPERS NEWS ***

HAPPY NEW YEAR! And thanks to everyone who has sent in their 1987 subscription. In amongst the renewals we welcome 5 new members to Interlopers:

Zoe Ross (W21,F) 4/5 Breadalbane Street, Leith EH6 5JR

Lorraine Hughes (W17,F) 57 Gilmerton Dykes Drive,
 Edinburgh EH17 8LF (031 666 1323)
 (a thursday night training regular)

Matt Ogston (M21,F) 10 Murrayfield Place,
 Edinburgh EH12 6AA (031 346 2295)
 (another well known face and name at
 training and on the hills - and a well
 known address too)

Derek Bearhop (M21,C) TFL, 8 Harrison Gardens,
 Edinburgh EH11 1SQ (031 337 6743)
 (some impressive results at local events
 - how about full membership?)

Cathy Barnes (W21,F) TFL, 6 Belhaven Terrace,
 Edinburgh EH10 5HZ

It also looks like the Squire family have moved house,
 to 26 Swan Spring Avenue, Edinburgh EH10 6NJ (031 445 4830),
 and we hear that Dermot Ruddock has moved part of the way
 back up north, from High Wycombe to the Leeds area.

If you haven't got round to paying your 1987 subscription
 yet, please send it in, to BOF if you are already a full
 member, or to me, Charlie Walton, at 55 Manor Place,
 Edinburgh EH3 7EG (031 225 5762). Please tell me about
 address and age class changes as well. Costs:

Senior with BOF, SOA	10-20
Junior (M/W 17-) with BOF, SOA	3-85
Family with BOF, SOA	14-85
Club only senior	2-50
Club only junior	1-00
Club only family	3-50

COMPASSSPORT CUP - The 1987 draw has been made and has
 paired us with Clydeside Orienteers (again!) in the first
 round. Match is due before the end of March, I don't see
 many very suitable events.....

**** 1987 Badge Event ****

Our joint badge event with EUOC on the 1st March has
 moved from Kinnoul Hill to CRAIG A BARNS, by Dunkeld.
 Kinnoul was too limiting for badge event courses, and
 Craig a Barns, part of Scotland's orienteering
 heritage, has recently been re-mapped. This event will
 probably be the SE Area Championships, and will
 certainly be the first event in the new "Scotlands
 Galloper". PLEASE help out on the day.

Highland '87

Cheapest rate entries close this month, but remember not
 to enter Day 6! Highland '87, this year's Scottish 6-day
 event, sounds like a good week - 6 days of orienteering
 near Inverness in the first week of August - and the
 more Interlopers the better. What are you doing with
 your summer? Come along to 'H '87'!

A meeting last month sorted out lots of details,
 and Gareth Bryan-Jones is standing in for the absent
 John Sanz as one of the controllers for our day.

* LOTHIAN O LEAGUE at HOLYROOD PARK *

* We had our LOL event on Sunday 11th January at Holyrood
 Park, and all went reasonably well on a frozen, snowy,
 but pleasant day. The main problem (except that master
 map!) was getting controls into the frozen ground. A
 big thankyou to the event officials and to everyone who
 braved the cold and helped out on the day.

Finally, if you have any deep thoughts you would like to
 air about planning and controlling, the powers that be
 are investigating "the roles of Planners and Controllers"
 and are after comments. Even more finally, the Greenmantle
 seems to be the in place on a Tuesday night....

Charlie Walton

*** JK 1990 ***

The JK is a major competition that takes place each year
 at Easter, with 2 days of individual races and a relay. It
 is coming to Scotland in 1990, and looks like being in the
 west, but all clubs are being asked to help. Interlopers
 will take on a specific job, perhaps running a start on
 one of the days.

INTERLOPERS RULES OK

Now the "merger" issue has at last been buried
 again, the future of Interlopers is more secure and we
 can continue to develop our club. The first thing we
 need in my opinion is a newsletter - a newsletter of
 our own. "Capital O" has had a fair trial and I think
 it has failed. It's too big, it's expensive, it's full
 of duplications and irrelevant junk. People don't read
 it, or don't take in what they read. I think it is
 time to get back to an Interlopers newsletter, one
 that better reflects the club, and that will help the
 club maintain a strong identity. It's hard work for
 the editor, but so is "Capital O", and in the latter
 case I don't think it is worth it. Let's put "Capital
 O" quietly to rest and get on with doing our own
 thing.

Charlie Walton

WELL DONE THE LESSELLS !!

What a superb event at Constopline on the 3rd
 January. A great idea and well supported by
 Orienteers in the Edinburgh Area - it was nice to
 see so many families. The wee team score
 event took an hour from the massed start and
 finding the anagram of a well known nursery rhyme
 took another hour. It was a pity everyone had to
 rush off at the end because of the severe frost.
 Keep the events simple and admin simple.

The Thicket Corner

Another rush job this month (perhaps it should be the
 marsh corner?) but first of all a happy new orienteer-
 ing year to all our readers, and especially those
 climbing up an age group. Scott reaches M40, Ian H. is
 an M35, John Mitchell makes it to M50(?) this year.
 Since our last venture into print the Senior Home
 Internationals have happened at the Trossachs National
 Event, where it rained. Mr Balfour the controller made
 sure we all got value for money, and Christine, Lorna,
 Dermot and Pakit all acquitted themselves well in the
 Scottish team. The team didn't quite win but manager
 Graham Mac has picked up well deserved praise for his
 great efforts in getting the whole thing off the
 ground. Well done to all!

We hear that Dermot has moved to Yorkshire and has had
 his name linked with Airienteers - who would want to
 join a bunch of duffers like them? Perhaps he'll tel-
 us the full story - might a young lady in the Shef-
 field area have anything to do with it? Thinking of
 news from afar, Mike Burton tells us that Hawaii had
 36 inches of rain in the month after he arrived,
 perhaps we could hold an event there. And John Camp-
 bell was spotted in town recently, but only for a
 short visit, sounds like he's getting along OK in the
 States.

1987 orienteering started with the big one, the INT
 LOL on Arthur's Seat. It didn't rain at all all day,
 it only snowed. Some folk got a bit cold, in fact most
 of the dedicated band of helpers almost froze, but
 no-one came to grief on the icy paths and no controls
 got nicked, and it was a pretty good event all round.
 Most of the blue course competitors didn't even notice
 the mistake on the master maps. Well done to Scott who
 would have won blue if he hadn't put out a significant
 proportion of the controls, well done to Pat who did
 win blue, and hard lines to recent recruit Derek
 Bearhop who missed out on a good time by mispunching -
 never mind, try again! And well done to recent recruit
 Alistair Borthwick for his win on the green course -
 time to move up to blue now. You just can't stop the
 talent in this club! Most of all, well done to all
 the helpers, you can stick to competing until the 1st
 March!

N.E.Thicket



RØYKEN ORIENTERINGSLAG

Olav Aadnekvam Postboks 520
3440 Røyken
Norway

Bankgiro nr. 2200.27.50930

To the orienteering club Innsaker

Dear Sir,

Our orienteering club wrote a letter to the Scottish Orienteering Ass.

about a month ago. We put forward an idea in connection with the Scottish 6 day orienteering event in 1987 in Inverness.

Røyken orienteringslag is situated about 25 miles west of Oslo, the capital of Norway. We are probably living in the most active and varied orienteering area in the world (we believe). I think there are orienteering events of some kind every day/evening (except Fridays) from April/May to October. If we make a circle around Røyken and drive in any direction about 25 miles, we would probably find nearly 100 orienteering maps, and very varied it is too: flat, mountainous, rocky all kind of vegetation (not prickly though). That is probably why we have had World champions from our area for the last 6 years. Our club has only got a Norwegian champion. Why do we present all this. Well we have got this idea of exchange. Some families in our club plan to go to Scotland August next, and we would like to stay with an orienteering family, let us say for one week before the event. Then the Scottish family is invited back either before or later next year on the year after. We think it is a good idea, and probably cheap too. We get the language training, you get the opportunity to run in really good orienteering terrain. We may also provide some instruction from at least our Norwegian champion. If there are a larger group, we may get hold of a World champ to tell how he is training.

If there are families in your club who want to do this, write to the address above. We want to know how many the family can accommodate and approximately when they want a return visit to Norway. We have quite a few 4-5-6 days events in Norway, in July. In the South, in the Eastern valleys and in the West.

Yours sincerely

Olav Aadnekvam
secretary

"A Night out with Brown Owl"

There was a rustle somewhere behind me. I jumped nervously and turned to face a possible menace. Creaks and groans became louder. If anyone had seen me they would have observed my eyes widening to maximum aperture. My ears could not be deceiving me, there just had to be something in that bush; it was coming closer.

Heavy footsteps squeaked through the marsh. Suddenly I was fixed by a pair of huge searingly bright orbs. For sure it was the devil's work; the stars had fallen from the sky.

Scarcely daring to breathe I froze on the spot, willing myself into some other, distant thicket. The creature didn't see me and crashed through the undergrowth; inches away. I was aware of an immense force.

Just then a heard a Satanic roar, I gulped and thankfully realised "the creature must have found a helpless prey". After a pause to check that all was safe I crept in and checked; yes, 98-Control seven.

This was an "incident" during the recent British Night Championships. I had been tempted to enter despite training at a few night events. After running up a ditch, mistaking it for a path; at Abbey Craig I was aware that my night vision isn't good. As a consequence I had a powerful hand torch as well as an old head torch.

"10 seconds, step over the line", and I was off into the darkness. Within a few metres I was aware just how different night orienteering is from its daytime relation. I was much more aware of sound; the bobbing and weaving of lights in the forest was an obvious difference. I tried hard to concentrate on counting paces as I ran, constant contact with the terrain. Every check with the map caused a few seconds of temporary blindness. A few very close contacts with the terrain was a direct result!

The forest was ideal for the event with little vegetation to slow the faster runners. There were plenty of paths and wades to miss in the dark.

At one stage I was distracted by a talkative runner. She caused me to get completely disorientated.

I was alone, (honest), in the depths of darkest Broomley Fell Plantation, with no idea of where I was. It is very hard to relocate in this situation. If I had known an easy route to the finish I would have taken it. Eventually I found myself on a bend in a dirt road. Around me where rhododendron bushes. My pulse dropped below critical, the haze cleared from my brain. Suddenly I was fairly sure where I was.

If I am correct I thought; then go round that bush, take the track SE and I should find number seven. With relief I was in contact again and the motivation was back. I went on, cursing boulders that were meant to be guarding the controls but turned out to be another ant hill.

Using a special "B course runners" technique I had a brief rest before storming the final wall and run in to the finish.

In passing I compare this event with going down a tortuous tunnel, seeking the light. I enjoyed the experience and certainly had my money's worth as the results will prove! I missed the details and scenery I enjoy on day events.

From the diary of David Lane, aged 22 and a half!

SOCIAL DIARY Jane Lupton

SKITTLES EVENING: The Sheep's Heid Inn was the location for a skittles evening last November. There was an excellent turnout of club members both old and new. It was especially nice to see Nancy McIntyre again - who, at the end of the evening became ladies champion. I think this event should be repeated this year since everyone seemed to have a great time - even the hot pies were all eaten!

NIGHT-Q: Eat carrots and buy batteries for the Informal Night Event on the Braids.



Fixtures



25	NOBAYIAN OPEN EVENT	Darnaway North, Forres	985550
	C. Springett, Island Cottage, Dumbell, Forres	D. 348	
25	ELO LOCAL EVENT	Binning Wood	67/607801
	L. Corrie, 26 Breckine Road, Gullane	0620-843310	
1	AUDOC OPEN EVENT	Drum, Aberdeen	NJ 795005
	D. McLean, Flat 40C, College Bounds, Aberdeen.	o/o 0224-480658	
1	LOC OPEN EVENT	Birkie's Common, Uiverston	
	J. Warner	0229-89261	
8	IMVOC OPEN EVENT	Darroch Wood, Inverness	NR 6037
	L. Davidson, Drumabeg, Stratherrick Road, Inverness	0463-239511	
8	GLASGOW GALLOPERS - 1, SAOC	Lanark Race Course, Lanark	71/4389
	B. Young, 7 St. Ninians, Lanark	0555-61955	
8	NO OPEN EVENT	Plessey Woods, Newcastle	241801
	J. Crosby, 35 Allanville, Crumfordown, Newcastle	091-268-5449	
15	NOBAYIAN OPEN EVENT	Roseisle, Burchard	105655
	D. Bridgecland, o/o Gordonstown School, Duffus, Elgin	0343-830267	
15	STANDOC LOCAL EVENT	Normans Law	NO 195305
	A. Reynard, 11 Pife Park, Strathkinness High Rd, St Andrews		
22	GRAMPIAN OPEN EVENT	Petternear, Aberdeen	38/733190
	M. Muirgrave, 38 Morningfield Road, Aberdeen	0224-313003	
22	LOTHIAN O' LEAGUE - 6, ELO	Hedderwick, Dunbar	WT 648789
	J. Smithson, Whitesome Lee, Whitesome, Dune	089-087-233	
22	BL OPEN EVENT	Galt Woods, Breamton	516577
	I. Smillie, 44/Durand Road, Carlisle	0228-23915	

Feb 25 Night Event - Brides - 6:30 pm. (South of Golf Club House) Scott & Balfour, 445 3966 (WED)

1	SCOTLANDS GALLOPERS - 1	Craig a' Bernes, Dunkeld	
	ENDOC / Interlopers Badge Event	l. Boyd, The Old Joiners Shop, Criobton, Perth	0875-320675
8	SOLWAY OPEN EVENT	Mable Forest, Dumfries	935710
	A. McQuillen, 10 Greigvale Court, Dumfries	0387-61741	
8	MAROC OPEN EVENT	Glen Taner, Aboyne	NJ 505973
	E. Hall, The Pire, Baillet Road, Aboyne	0339-2665	
8	GLASGOW GALLOPERS - 2, BCFO	Shielhill Glen, Greenock	63/247721
	I. Gow, Scougall, Shore Road, Sandbank, by Dunoon	D. 6288	
8	ROY. RETIERS LOCAL SCORE EVENT	Gala Hill, Galashiels	73/490356
	R. Sloan, Roseisle, Aldie Crescent, Darrick, Melrose	089682-2548	

MARCH 10 : NEXT NEWSLETTER COPY DATE

11	ROY. RETIERS LOCAL EVENT	Lanton Woods, Jedburgh	74/637210
	A. Hewat, Kirkhope House, Etrickbridge, Selkirk	0750-21404	
15	SCOTTISH SCHOOLS CHAMPS, SAOC	Bar Hill, Twechar	64/700753
	entries :- L. Young, 7 St Ninians, Lanark, Strathclyde	0555-61955	
	closing date 2/3/87	Junior £1.50	EOB for colour-coded courses
22	NOBAYIAN OPEN EVENT	Lossiemouth Forest	256670
	R. Dearman, 13 St Peters Road, Duffus, Elgin	0343-830860	
22	LOTHIAN O' LEAGUE - 7, WFO	Loch Ore Meadows	
	- - no other details - -		
22	TYNE BADGE EVENT	Gallaly, Rothbury	NU 087095
	H. Cooper, Flat 3, 6 Mason Avenue, Whitley Bay	091-252-9161	
29	GRAMPIAN BADGE EVENT	The Bin, Huntly	29/505422
	I. Kennaway, 48 Countesswells Road, Aberdeen	0224-319099	

SEE 1987 O Calendar in this issue somewhere

January 23rd FRIDAY
The Burno Supper
Contact your Committee Now !!

FOR SALE : WOODEN FINGERLESS GLOVES 11.50 -
Highly Recommended For Winter/Wet - SEE SCOTT & BALFOUR

* COURSES etc *

A CONTROLLERS CONFERENCE has been arranged for the 25th April, to be held at Stirling, and the SOA are looking to hold a COACHING CONFERENCE this year as well. In the meantime we have details of Scottish Sports Council COACHING COURSES, a whole range to be held on tuesday and thursday evenings at Dunfermline College (Cramond). They sound pretty good to me. Details for all the above from me, Charlie Walton, and I also have stuff about courses at Plas y Brenin outdoor centre in Snowdonia.

SOA MAPPING WEEKEND - to be held on 12/13 September this year.